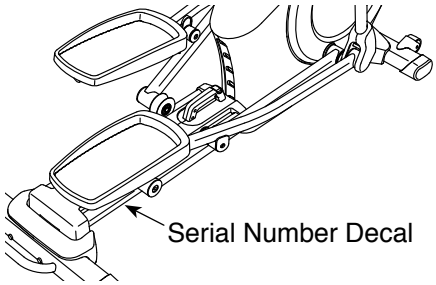
NordicTrack® E 7.2

Model No. NTEVEL77911.3
Serial No. _____

Write the serial number in the space above for reference.



CUSTOMER SERVICE

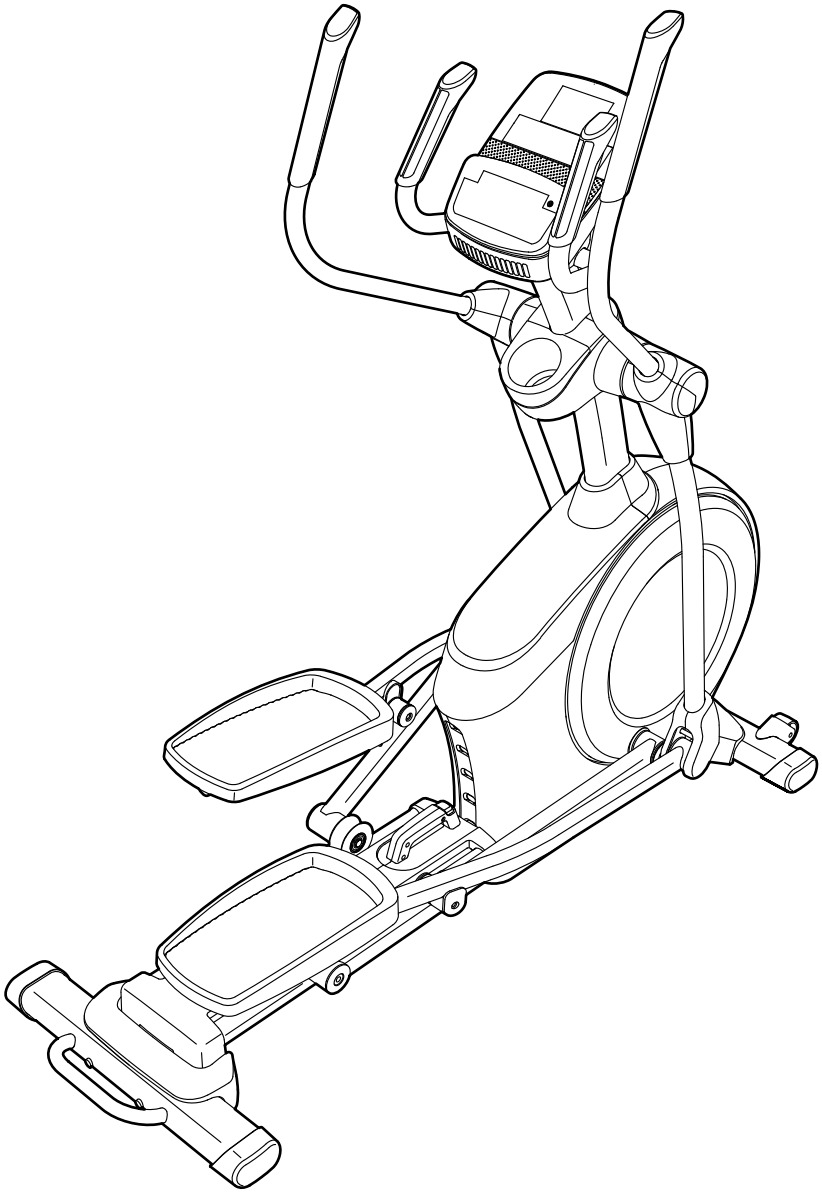
UNITED KINGDOM
Call: 08457 089 009
From Ireland: 053 92 36102
Website: www.iconsupport.eu
E-mail: csuk@iconeurope.com
Write:
ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
CASTLEFORD
WF10 5QJ
UNITED KINGDOM

AUSTRALIA
Call: 1800 993 770
E-mail: australiacc@iconfitness.com
Write:
ICON Health & Fitness
PO Box 635
WINSTON HILLS NSW 2153
AUSTRALIA

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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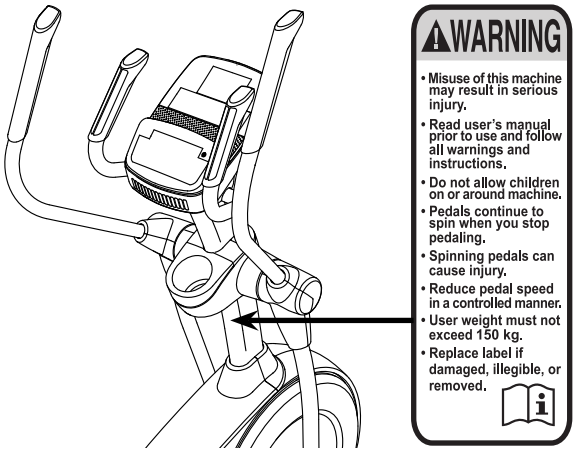
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Pedals continue to spin when you stop pedaling.
• Spinning pedals can cause injury.
• Reduce pedal speed in a controlled manner.
• User weight must not exceed 150 kg.
• Replace label if damaged, illegible, or removed.

NORDICTRACK is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

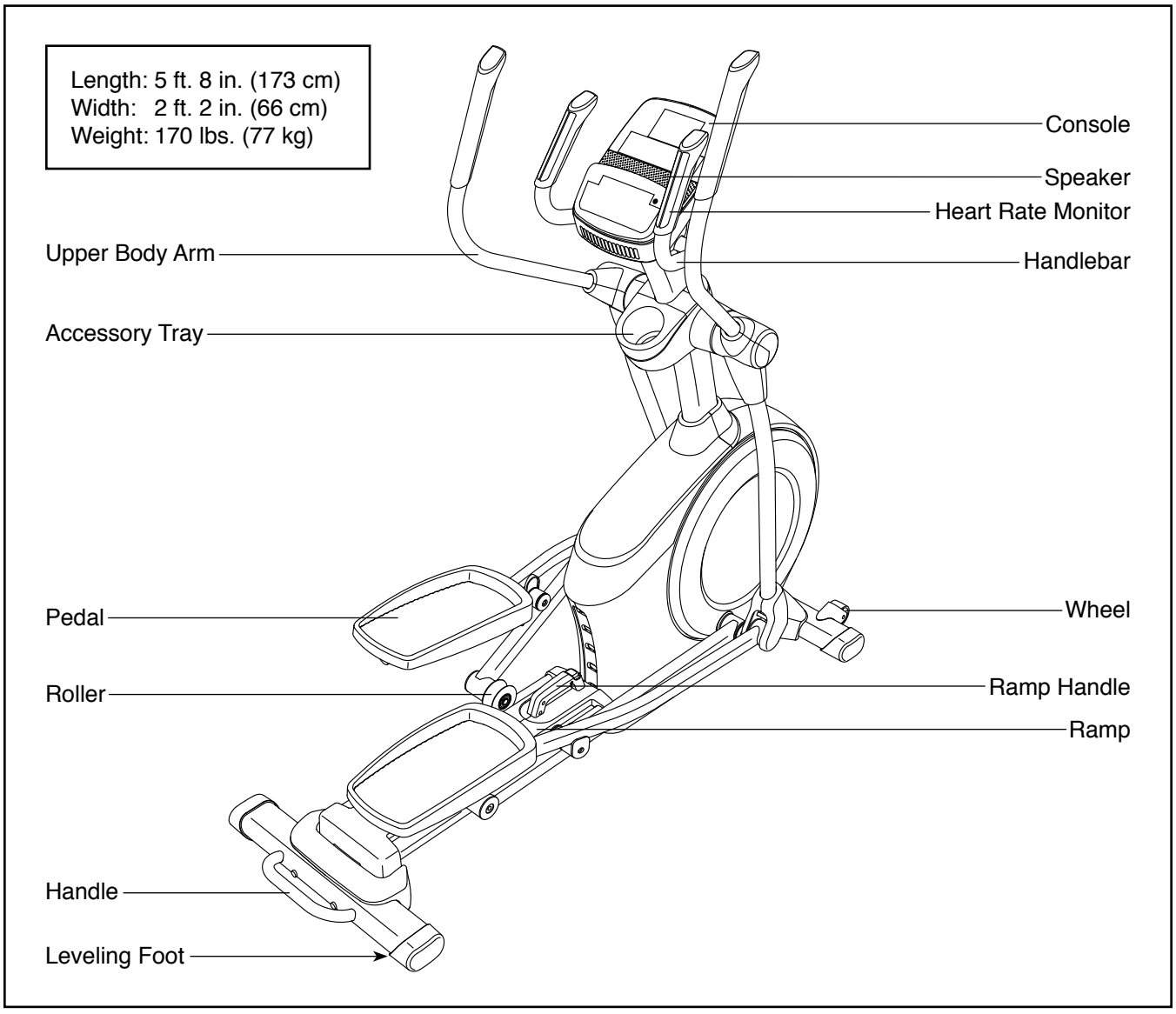
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **Use the elliptical only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.**
4. **The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.**
5. **Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.**
6. **Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under age 12 and pets away from the elliptical at all times.**
9. **The elliptical should not be used by persons weighing more than 330 lbs. (150 kg).**
10. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.**
11. **Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.**
12. **The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**
13. **The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.**
14. **Keep your back straight while using the elliptical; do not arch your back.**
15. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® E 7.2 elliptical. The E 7.2 elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

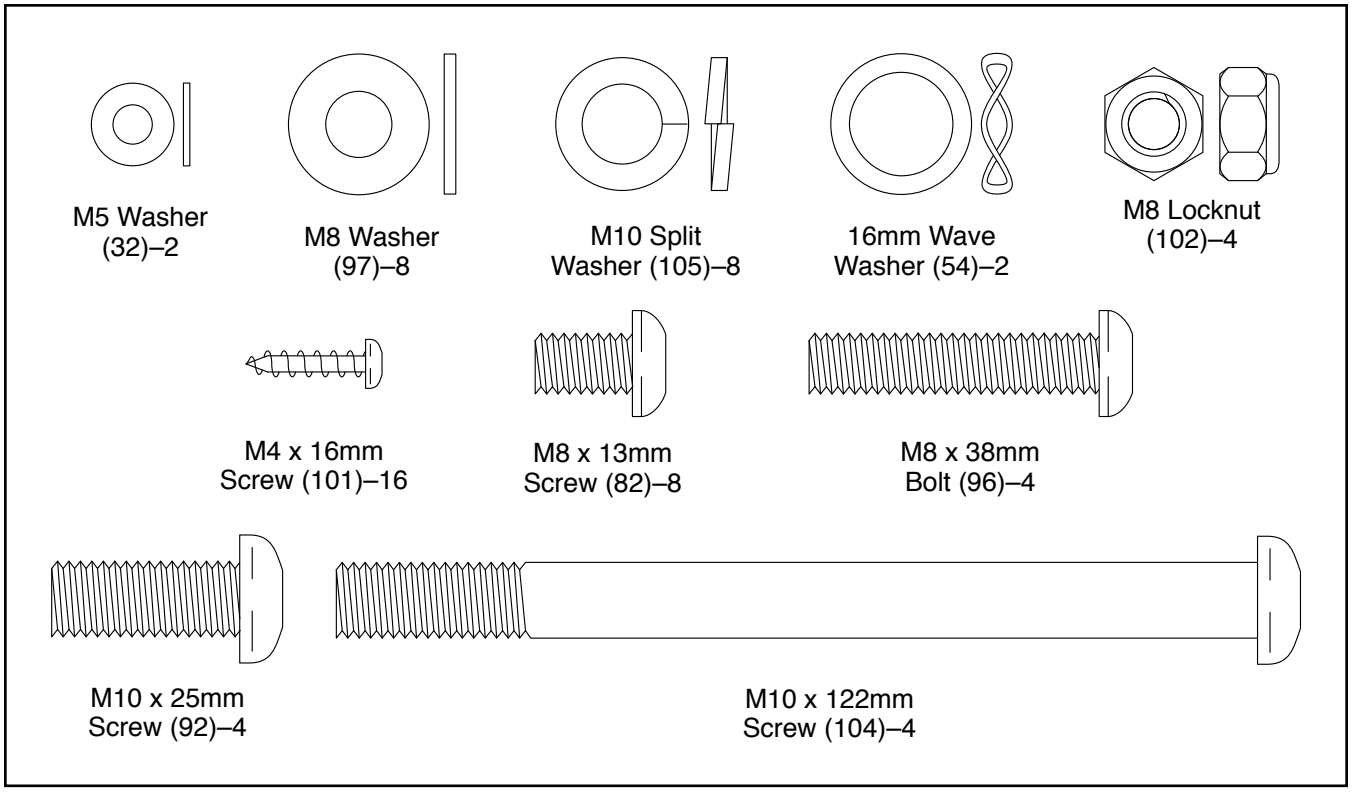
For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



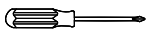
PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.
- In addition to the included tool(s), assembly requires the following tools:

  one Phillips screwdriver 

  one rubber mallet

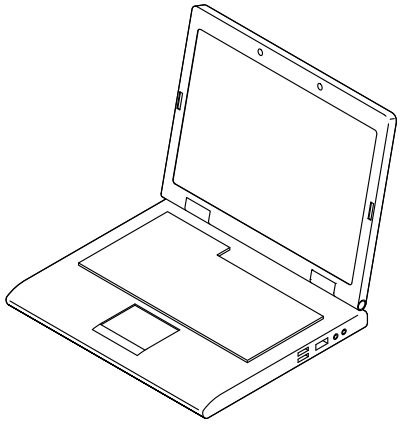
  Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.iconsupport.eu on your computer and register your product.**

   - activates your warranty
   - saves you time if you ever need to contact Customer Service
   - allows us to notify you of upgrades and offers

   Note: If you do not have Internet access, call Customer Service (see the front cover of this manual) and register your product.

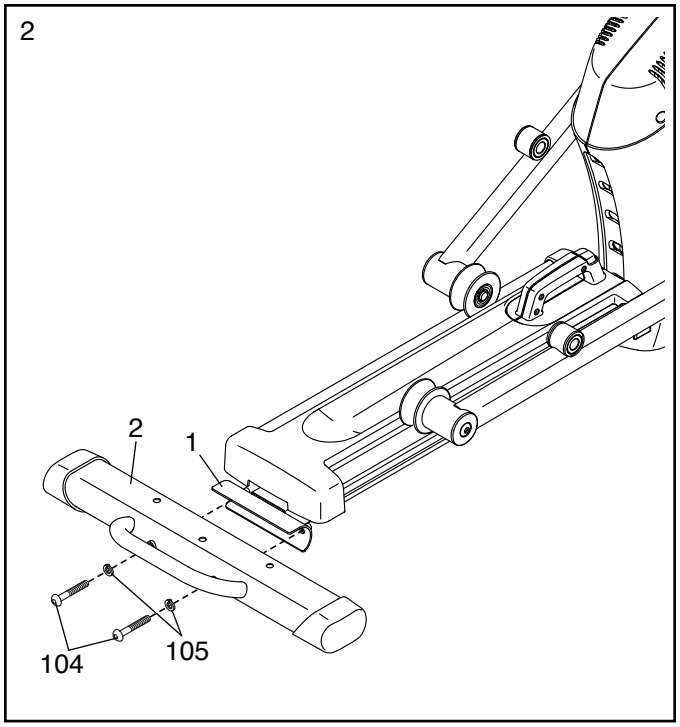
1



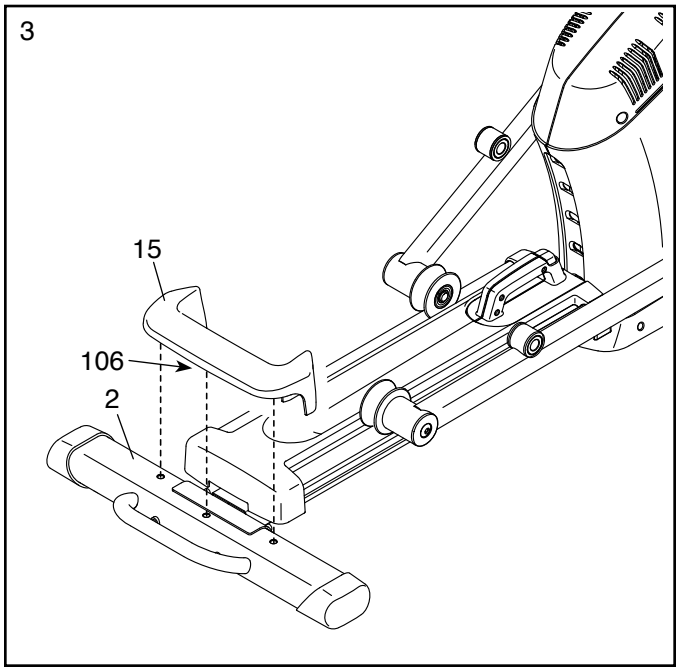
2. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

   Attach the Rear Stabilizer (2) to the Frame (1) with two M10 x 122mm Screws (104) and two M10 Split Washers (105).

   Remove the packing materials from under the rear of the Frame (1).



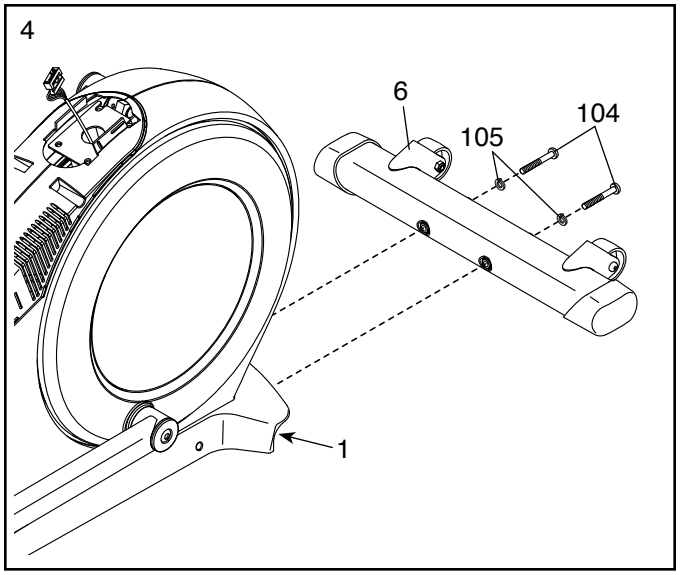
3. Press the Cover Mounts (106) on the underside of the Rear Stabilizer Cover (15) into the Rear Stabilizer (2).



4. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

   Attach the Front Stabilizer (6) to the Frame (1) with two M10 x 122mm Screws (104) and two M10 Split Washers (105).

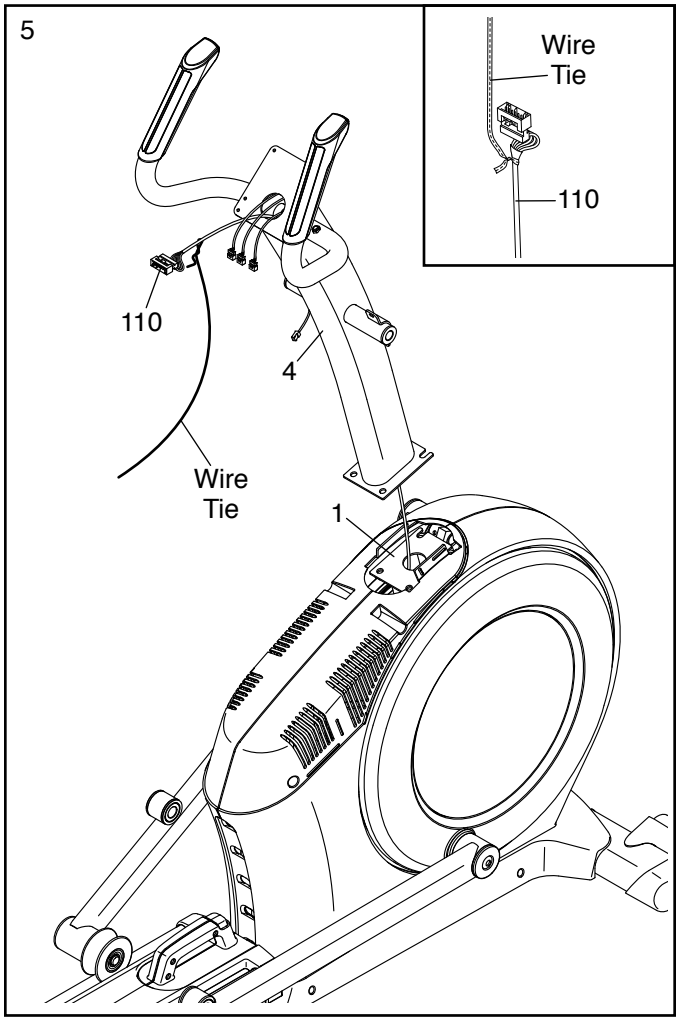
   Remove the packing materials from under the front of the Frame (1).



5. Orient the Upright (4) as shown. Have a second person hold the Upright near the Frame (1).

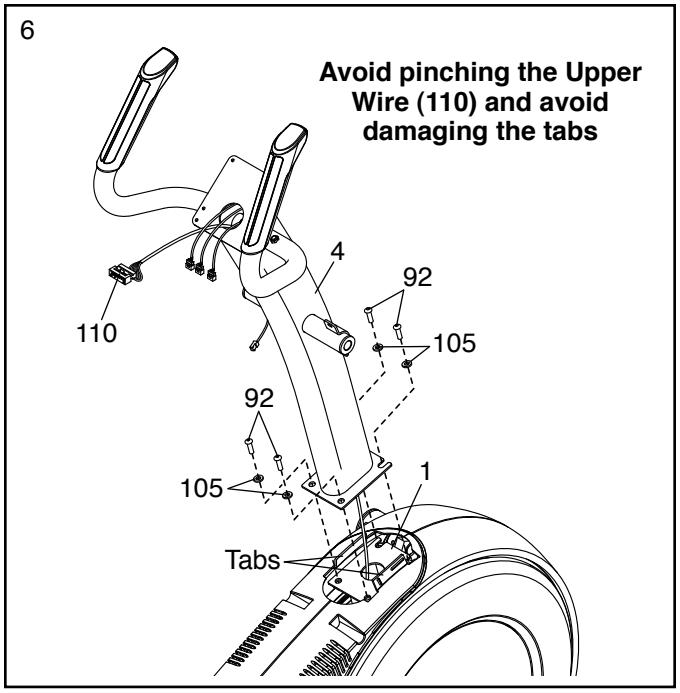
   See the inset drawing. Locate the wire tie in the lower end of the Upright (4). Tie the wire tie to the Upper Wire (110). Then, pull the upper end of the wire tie until the Upper Wire is routed through the Upright.

   Tip: To prevent the Upper Wire (110) from falling into the Upright (4), secure the Upper Wire with the wire tie.



6. **Tip: Avoid pinching the Upper Wire (110). Avoid damaging the indicated plastic tabs.** Set the Upright (4) on the Frame (1).

   Attach the Upright (4) with four M10 x 25mm Screws (92) and four M10 Split Washers (105).



7. Using a plastic bag to keep your fingers clean, apply some of the included grease to the Pivot Axle (35) and to two 16mm Wave Washers (54).

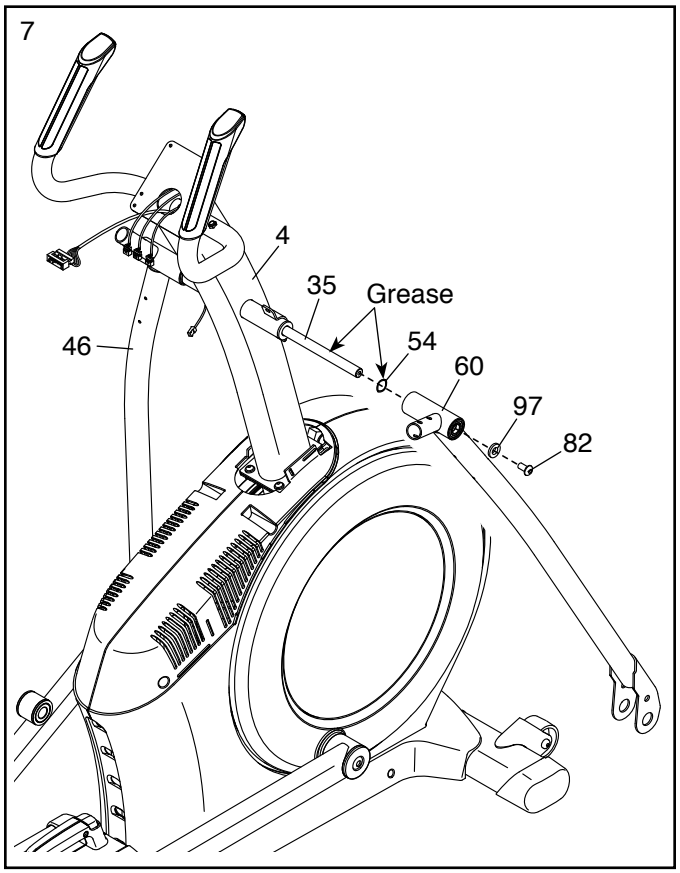
   Insert the Pivot Axle (35) through the Upright (4) and center it. **Tip: It may be helpful to use a rubber mallet.**

   Identify the Right Upper Body Leg (60) and orient it as shown.

   Slide a 16mm Wave Washer (54) and the Right Upper Body Leg (60) onto the right side of the Pivot Axle (35).

   Repeat these actions for the Left Upper Body Leg (46).

   Tighten an M8 x 13mm Screw (82) and an M8 Washer (97) into each end of the Pivot Axle (35) **at the same time.**

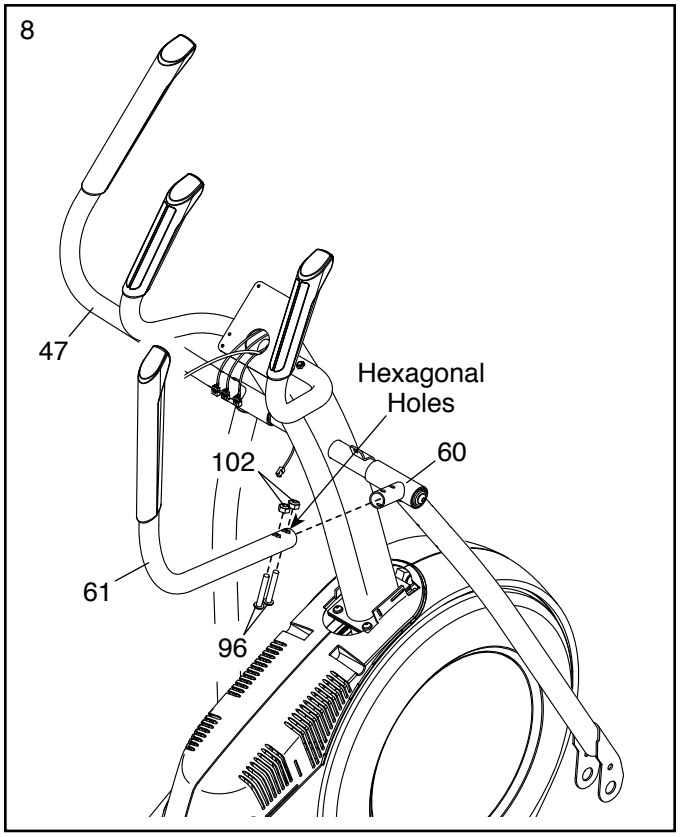


8. Identify the Right Upper Body Arm (61) and orient it as shown.

   Slide the Right Upper Body Arm (61) onto the Right Upper Body Leg (60).

   Attach the Right Upper Body Arm (61) with two M8 x 38mm Bolts (96) and two M8 Locknuts (102). **Make sure that the Locknuts are in the hexagonal holes.**

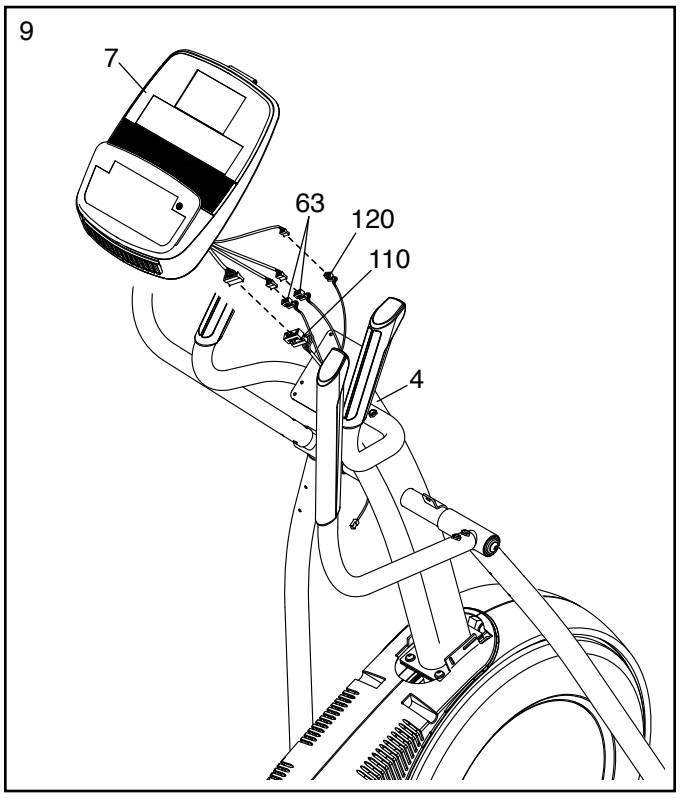
   Repeat this step for the Left Upper Body Arm (47).



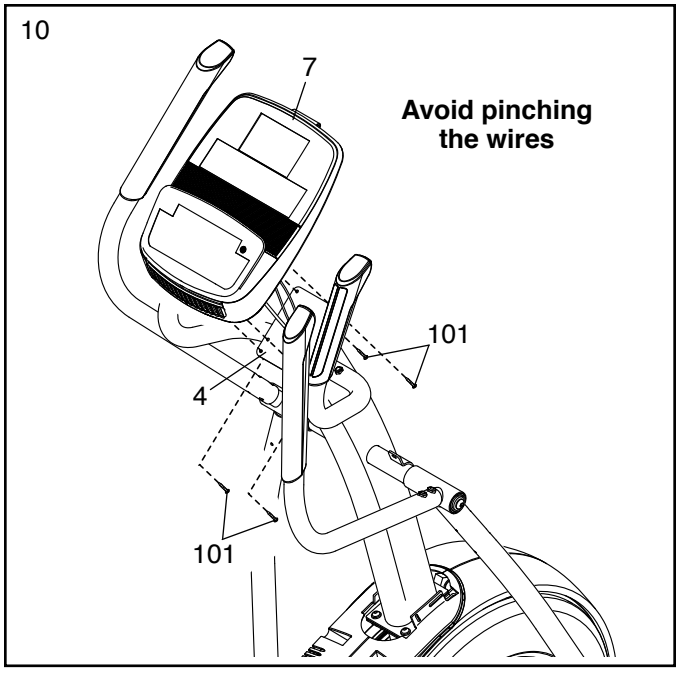
9. Untie and discard the wire tie on the Upper Wire (110).

   While a second person holds the Console (7) near the Upright (4), connect the wires on the Console to the Upper Wire (110), to the Pulse Sensor Wires (63), and to the Extension Wire (120).

   Insert the excess wire into the Upright (4) or into the Console (7).



10. **Tip: Avoid pinching the wires.** Attach the Console (7) to the Upright (4) with four M4 x 16mm Screws (101).

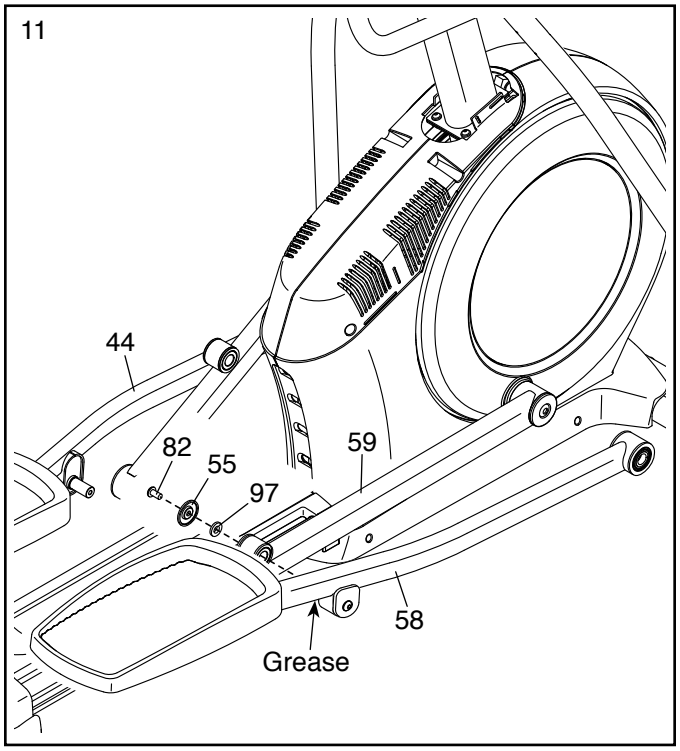


11. Orient the Right Pedal Arm (58) as shown.

    Apply grease to the axle on the Right Pedal Arm (58).

    Attach the Right Pedal Arm (58) to the Right Roller Arm (59) with an M8 x 13mm Screw (82), a Small Axle Cover (55), and an M8 Washer (97).

    Repeat this step for the Left Pedal Arm (44).



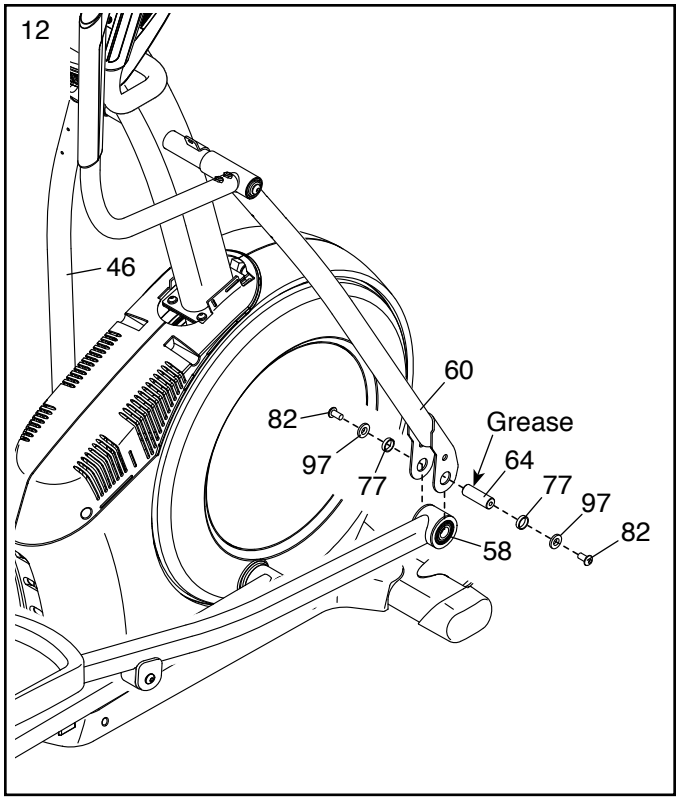
12. Apply a small amount of grease to one of the Pedal Arm Axles (64).

Next, slide an M8 Washer (97) and an Axle Spacer (77) onto an M8 x 13mm Screw (82), and tighten the Screw a few turns into the Pedal Arm Axle (64).

While a second person holds the front end of the Right Pedal Arm (58) inside the bracket on the Right Upper Body Leg (60), insert the Pedal Arm Axle (64) into both parts.

Slide an M8 Washer (97) and an Axle Spacer (77) onto another M8 x 13mm Screw (82), and tighten the Screw a few turns into the Pedal Arm Axle (64). **Then, tighten both Screws at the same time.**

Repeat this step on the other side of the elliptical.



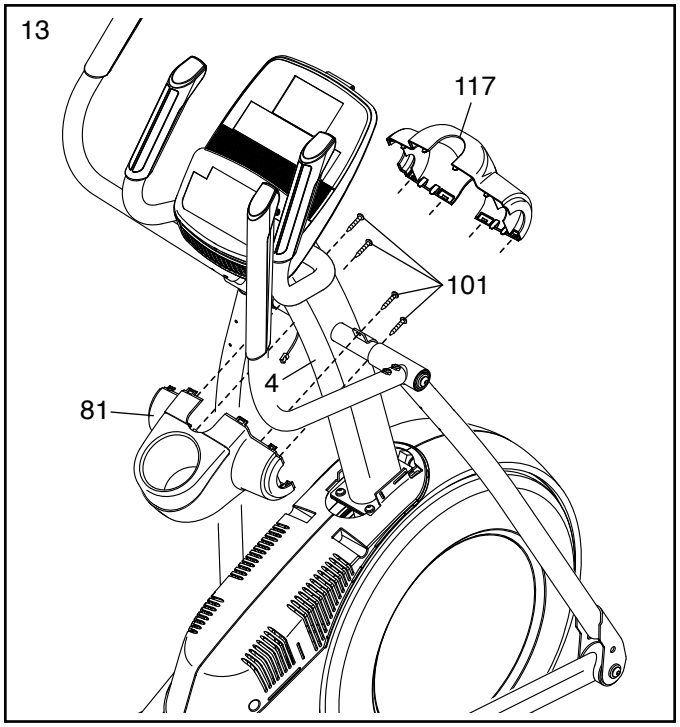
13. **Note: If you purchase the optional chest heart rate monitor (see page 25), see step 20 on page 16 to install the receiver included with the heart rate monitor.**

Orient the Rear Upright Cover (81) as shown.

Attach the Rear Upright Cover (81) to the Upright (4) with four M4 x 16mm Screws (101).

Orient the Front Upright Cover (117) as shown.

Attach the Front Upright Cover (117) around the Upright (4) by pressing the hooks on the Rear Upright Cover (81) onto the tabs on the Front Upright Cover.



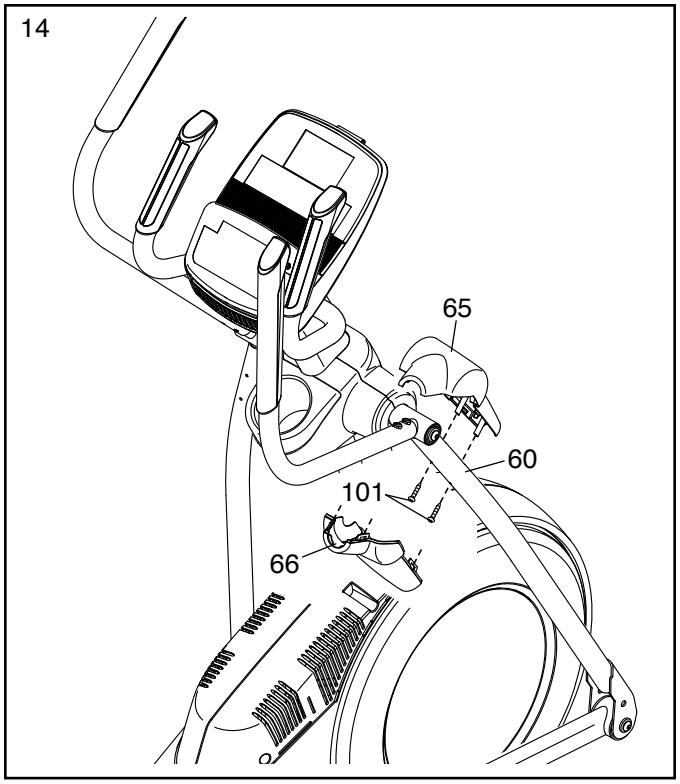
14. Identify the Right Upper Body Arm Front Cover (65) and orient it as shown.

Attach the Right Upper Body Arm Front Cover (65) to the Right Upper Body Leg (60) with two M4 x 16mm Screws (101).

Identify the Right Upper Body Arm Rear Cover (66) and orient it as shown.

Attach the Right Upper Body Arm Rear Cover (66) around the Right Upper Body Leg (60) by pressing the hooks on the Right Upper Body Arm Rear Cover onto the tabs on the Right Upper Body Arm Front Cover (65).

Repeat this step on the other side of the elliptical.



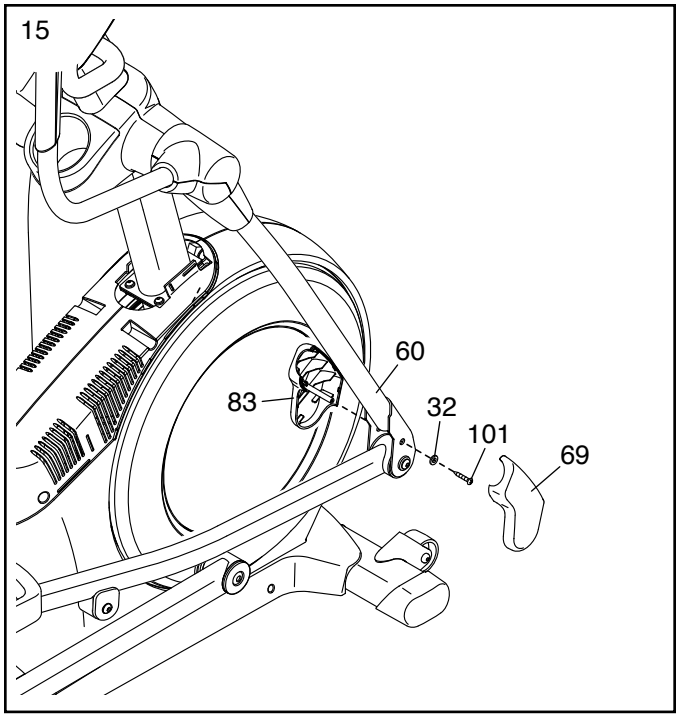
15. Identify the Right Upper Body Leg Inner Cover (83) and orient it as shown.

Attach the Right Upper Body Leg Inner Cover (83) to the Right Upper Body Leg (60) with an M4 x 16mm Screw (101) and an M5 Washer (32).

Identify the Right Upper Leg Outer Cover (69) and orient it as shown.

Attach the Right Upper Leg Outer Cover (69) around the Right Upper Body Leg (60) by pressing the hooks on the Right Upper Body Leg Inner Cover (83) onto the tabs on the Right Upper Leg Outer Cover.

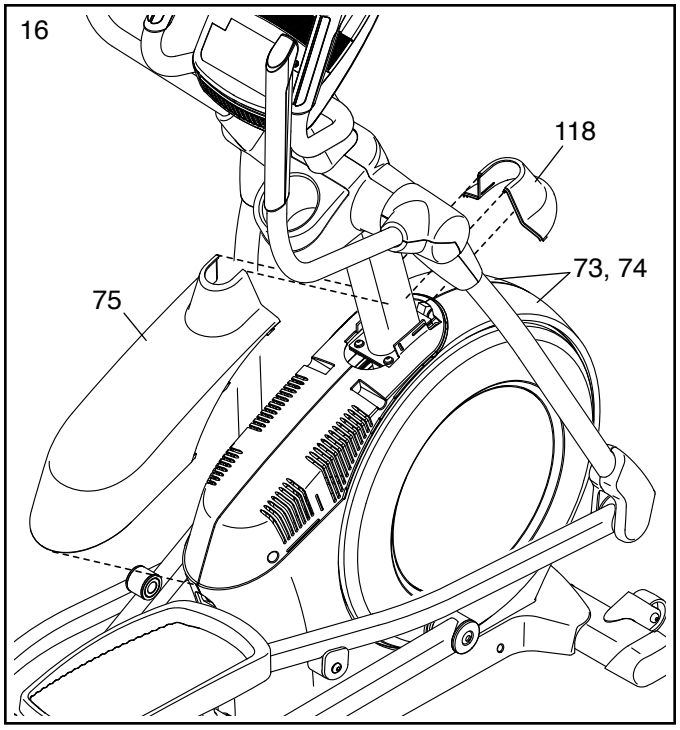
Repeat this step on the other side of the elliptical.



16. Orient the Shield Cover Cap (118) and the Shield Cover (75) as shown.

    First, press the tabs on the Shield Cover Cap (118) into the Left and Right Shields (73, 74).

    Then, press the tabs on the Shield Cover (75) into the Left and Right Shields (73, 74).

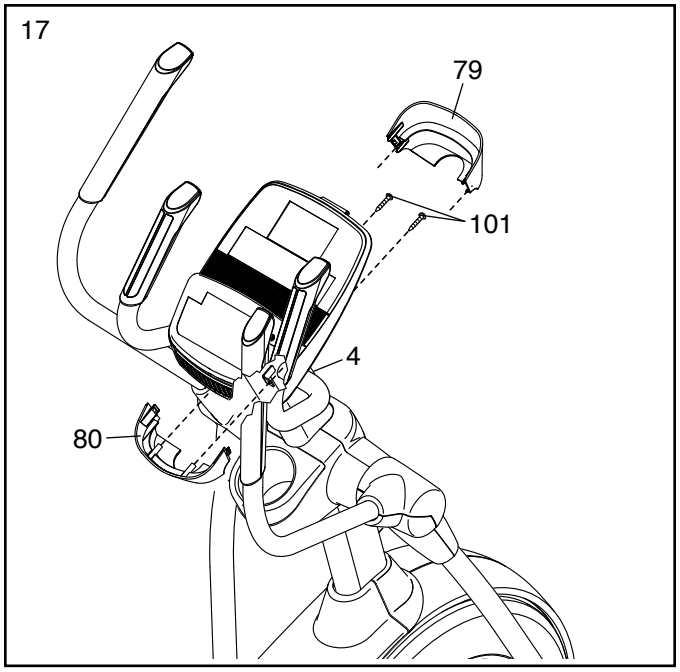


17. Orient the Rear Console Cover (80) as shown.

    Attach the Rear Console Cover (80) to the Upright (4) with two M4 x 16mm Screws (101).

    Orient the Front Console Cover (79) as shown.

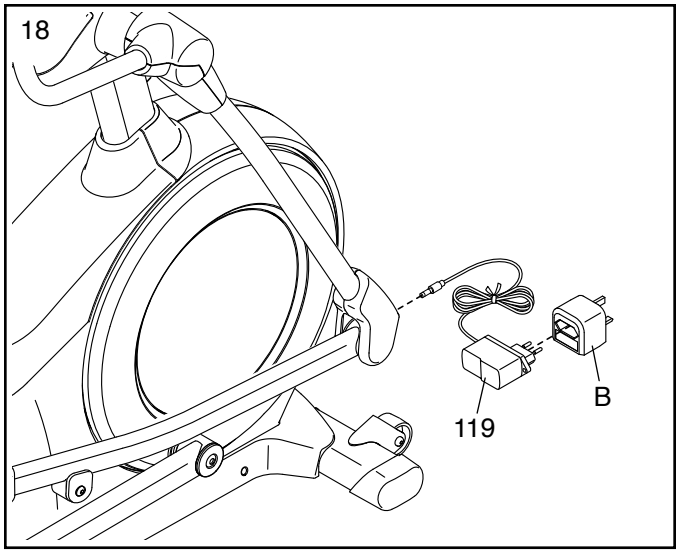
    Attach the Front Console Cover (79) around the Upright (4) by pressing the hooks on the Rear Console Cover (80) onto the tabs on the Front Console Cover.



18. Plug the Power Adapter (119) into the receptacle on the frame of the elliptical.

    If necessary, plug the Power Adapter (119) into the Plug Adapter (B).

    Note: To plug the Power Adapter (119) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 17.



19. **Make sure that all parts are properly tightened before you use the elliptical.** Note: Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

If you purchase the optional heart rate monitor (see page 25), follow the additional step below to install the receiver included with the heart rate monitor.

20. **See steps 17 and 13.** Remove the Front and Rear Console Covers (79, 80) if necessary. Then, remove the Front and Rear Upright Covers (117, 81) if necessary.

    Remove the paper from the adhesive pad on the back of the Receiver (A). Press the Receiver onto the indicated location on the inside of the Rear Upright Cover (81) **below** the Accessory Tray (37).

    See the inset drawing. Make sure that the antenna on the Receiver (A) is oriented so that it is in a horizontal position parallel to the floor.

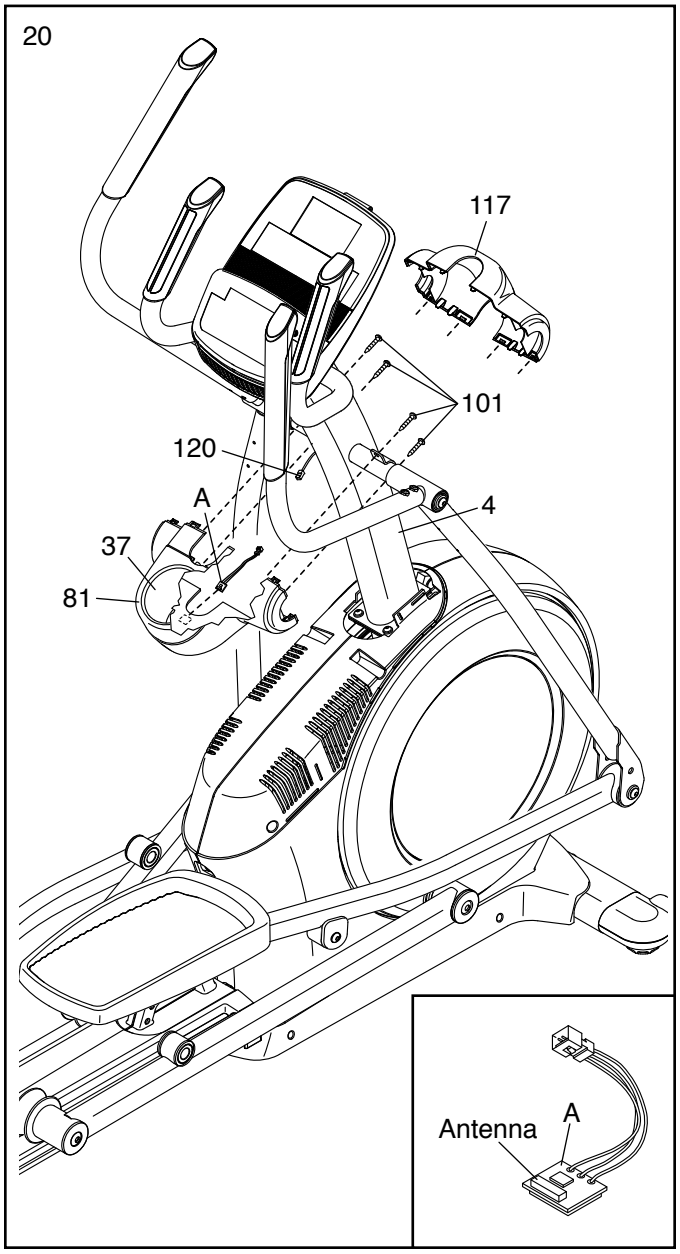
    Connect the wire on the Receiver (A) to the Extension Wire (120).

    Next, attach the Rear Upright Cover (81) to the Upright (4) with four M4 x 16mm Screws (101).

    Attach the Front Upright Cover (117) around the Upright (4) by pressing the hooks on the Rear Upright Cover (81) onto the tabs on the Front Upright Cover.

    Then, **see step 17** and attach the Front and Rear Console Covers (79, 80) if necessary. Note: If you are installing the receiver as part of the elliptical assembly, go to step 14 and continue assembly.

    Note: Discard any other wires that are included with the heart rate monitor.

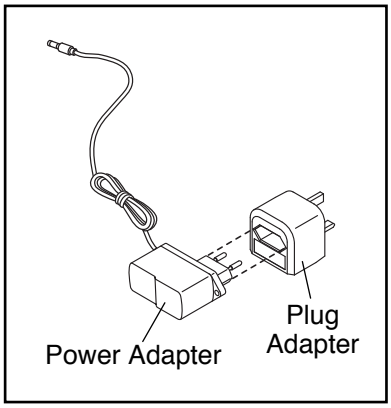


HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

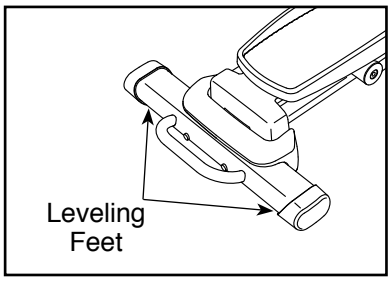
IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame of the elliptical. Next, plug the power adapter into the plug adapter. Then, plug the plug adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



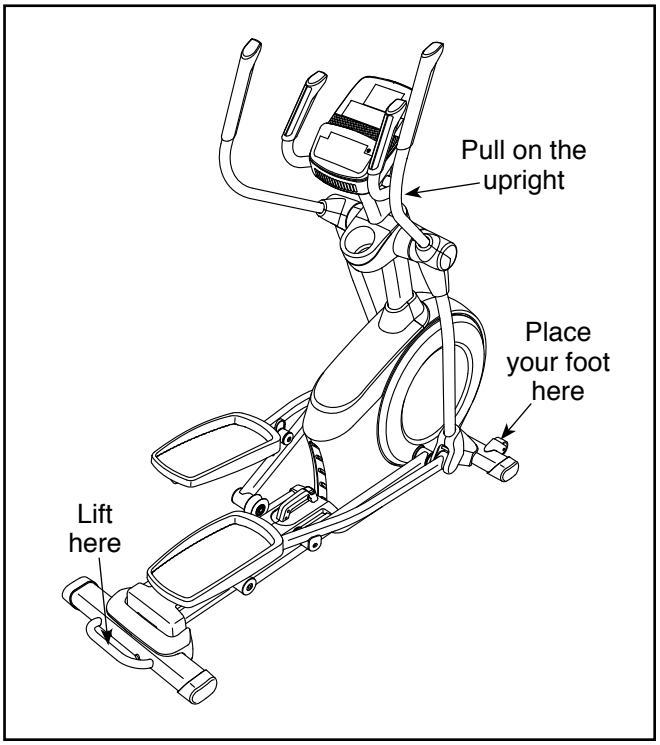
HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear of the frame until the rocking motion is eliminated.



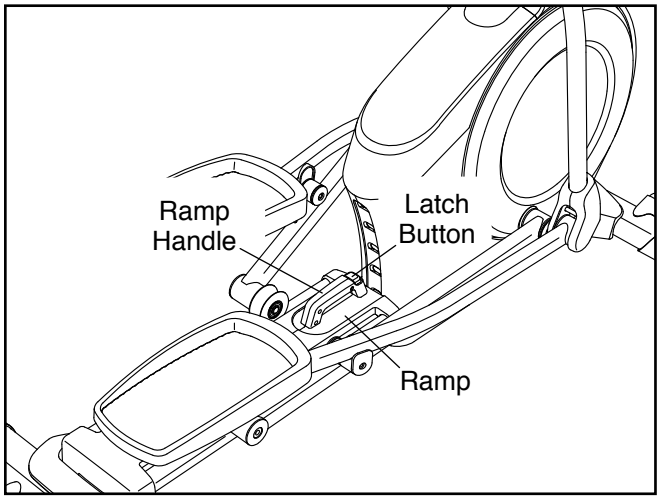
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull on the upright and have a second person lift the handle until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



HOW TO CHANGE THE INCLINE OF THE RAMP

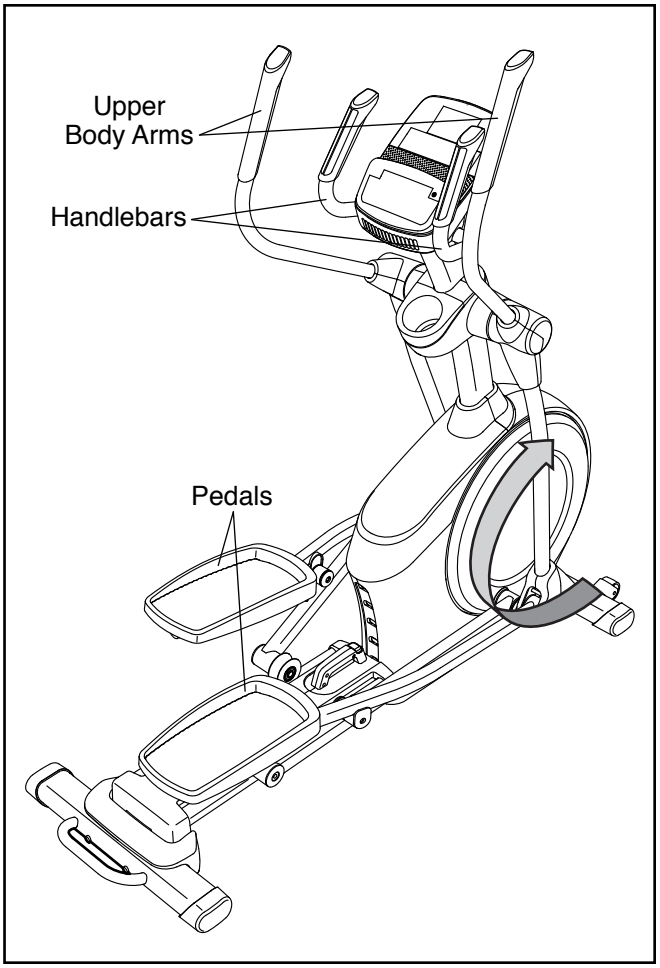
To vary the motion of the pedals, you can change the incline of the ramp. To raise the ramp, simply pull the ramp handle upward to the desired incline level.



To lower the ramp, press the latch button, pull the ramp handle, and lower the ramp to the desired incline level. Then, release the latch button and engage the latch pin into one of the adjustment holes in the frame. **Make sure that the latch pin is firmly engaged in one of the adjustment holes in the frame.**

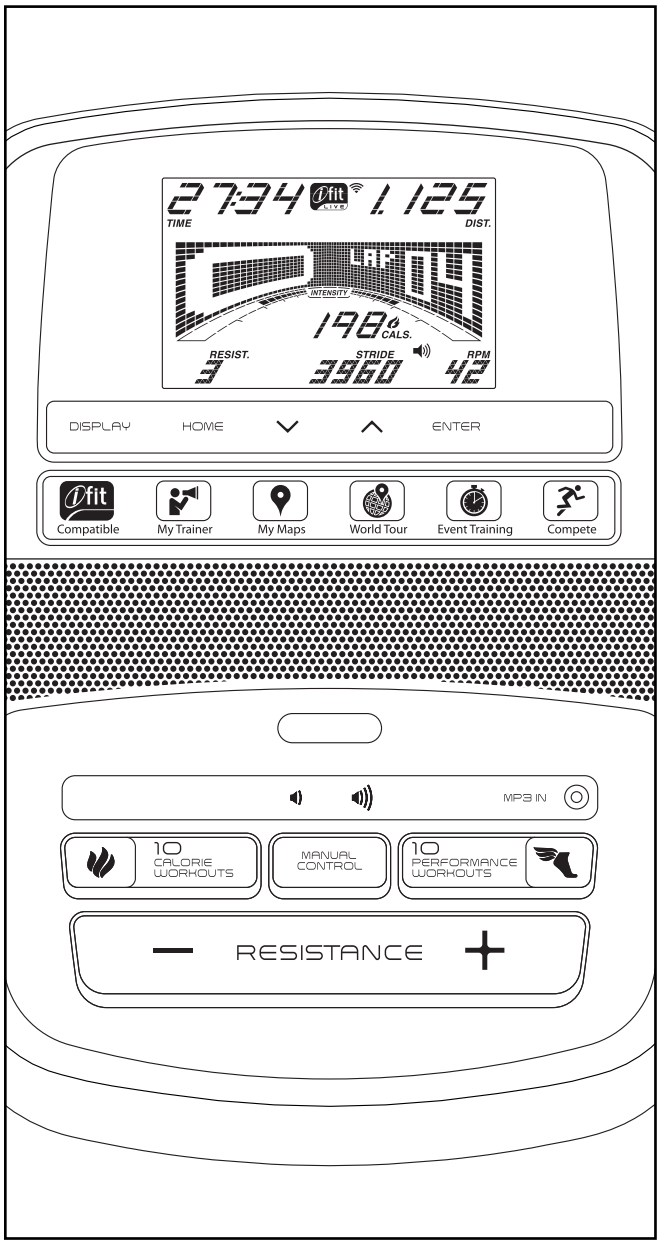
HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**



To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the optional chest heart rate monitor.

The console offers twenty onboard workouts—ten calorie workouts and ten performance workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout.

The console also features an iFit mode that enables the console to communicate with your wireless network through an optional iFit module. With the iFit mode, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit users, and access many other features. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 20. **To use an onboard workout,** see page 22. **To use an iFit workout,** see page 23. **To change console settings,** see page 24. **To use the sound system,** see page 25.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select the manual mode.**

   Press the Manual Control button on the console to select the manual mode.

   If a wireless iFit module is not inserted into the console and connected to iFit, the manual mode will be selected automatically.

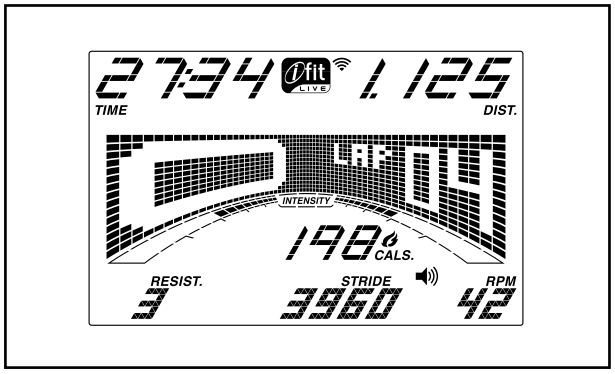
3. **Change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.

   Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

   The display can show the following workout information:



Calories (Cals.)—This display mode will show the approximate number of calories you have burned.

Calories per Hour (Cals./Hr)—This display mode will show the approximate number of calories you are burning per hour.

Distance (Dist.)—This display mode will show the distance that you have pedaled in miles or kilometers.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor or the optional chest heart rate monitor (see step 5 on page 21).

Resistance (Resist.)—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

RPM—This display mode will show your pedaling speed in revolutions per minute (rpm).

Stride—This display mode will show the total number of strides you have pedaled.

Time—When the manual mode is selected, this display mode will show the elapsed time. When an onboard workout is selected, this display mode will show the time remaining in the workout.

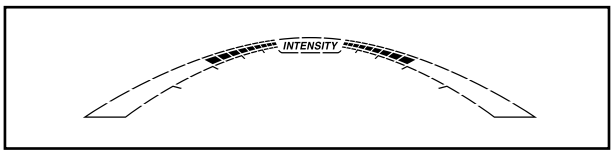
The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

Speed—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

My Trail—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.

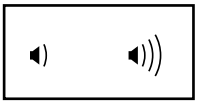


Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 24 to set the default menu). If necessary, press the Home button again.

When a wireless iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.

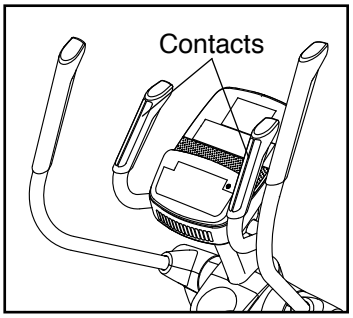
To exit the manual mode or a workout, press the Home button. If necessary, press the Home button again.

Change the volume level of the console by pressing the volume increase and decrease buttons.



5. **Measure your heart rate if desired.**

You can measure you heart rate using either the handgrip heart rate monitor or the optional chest heart rate monitor (see page 25 for information about the optional chest heart rate monitor).



If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, a heart symbol in the calorie display will flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE AN ONBOARD WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select an onboard workout.**

   To select an onboard workout, press the 10 Calorie Workouts button or the 10 Performance Workouts button repeatedly until the desired workout appears in the display.

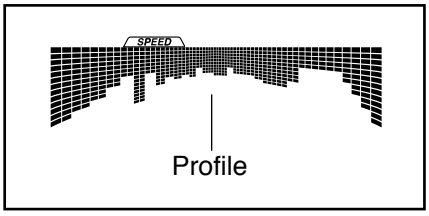
   When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

   The maximum resistance level and the maximum speed for the workout will also appear in the display.

3. **Begin pedaling to start the workout.**

   Each workout is divided into one-minute segments. One resistance level and one target speed is programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

   During the workout, the profile on the speed tab will show your progress.



   The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed for the current segment.

   At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target speed is programmed for the next segment, the resistance level and/or target speed will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

   As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. When an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears, decrease your pace. When no arrow appears, maintain your current pace.

   IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

   If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

   The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 20.

5. **Measure your heart rate if desired.**

   See step 5 on page 21.

6. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 21.

HOW TO USE AN IFIT WORKOUT

You must have an iFit module to use an iFit workout.

To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.

Note: To use an iFit module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit module, you must also have your own wireless network including an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Make sure that the iFit module is inserted in the console.**

   To use an iFit workout, make sure that the iFit module is inserted in the console.

   IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the iFit module must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

3. **Select a user.**

   If more than one user is registered, you can switch users in the iFit main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. **Select an iFit workout.**

   To select an iFit workout, press one of the iFit buttons. Before some workouts will download, you must add them to your schedule on www.iFit.com.

   Press the iFit button to download the next workout in your schedule. Press the My Trainer button, the My Maps button, the World Tour button, or the Event Training button to download the next workout of that type in your schedule. Press the Compete button to compete in a race that you have previously scheduled. **For more information on the iFit workouts, please see www.iFit.com.**

   When you select an iFit workout, the display will show the duration of the workout and the approximate number of calories you will burn. The display may also show the name of the workout. If you select a competition workout, the display may count down to the beginning of the race.

5. **Start the workout.**

   See step 3 on page 22.

   During some workouts, the voice of a personal trainer will guide you through your workout. You can select an audio setting for your personal trainer (see HOW TO CHANGE CONSOLE SETTINGS on page 24).

   To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

6. **Follow your progress with the display.**

   See step 4 on page 20.

   The My Trail tab will show a map of the trail you are walking or running or it will show a track and the number of laps you complete.

   During a competition workout, the Competition tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

7. **Measure your heart rate if desired.**

   See step 5 on page 21.

8. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 21.

For more information on the iFit mode, go to www.iFit.com.

HOW TO CHANGE CONSOLE SETTINGS

The console features a user mode that allows you to view usage information, select a unit of measurement, and adjust the contrast level of the display.

When an iFit module is connected to the console, you can also use the information mode to choose an audio setting for the voice of the personal trainer, set a default menu, check the status of the iFit module, and check for downloads.

1. **Select the information mode.**

   To select the information mode, press and hold down the Display button for a few seconds until the information mode appears in the display.

2. **View usage information.**

   The display will show the total number of hours that the elliptical has been used. The display will also show the total distance (in miles or kilometers) that has been pedaled on the elliptical.

3. **Select a unit of measurement if desired.**

   The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display to indicate the currently selected unit of measurement.

   To change the unit of measurement, press the Enter button repeatedly to select the desired unit of measurement.

4. **Adjust the contrast level of the display if desired.**

   Press the decrease button to view the contrast level. The currently selected contrast level will appear in the display. Press the Resistance increase and decrease buttons to adjust the contrast level.

5. **Determine if an iFit module is connected to the console.**

   If an iFit module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

   If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, go to step 10.

6. **Select an audio setting for the voice of the personal trainer if desired.**

   Press the decrease button to view the audio setting for the voice of the personal trainer. The currently selected audio setting for the voice of the personal trainer will appear in the display.

   To change the audio setting, press the Enter button repeatedly to turn the voice of the personal trainer ON or OFF.

7. **Set the default menu if desired.**

   Press the decrease button to view the default menu setting. The default menu is the menu that will appear when you turn on the console. Press the Enter button repeatedly to select the manual mode menu or the iFit menu as the default menu.

8. **Check the status of the iFit module if desired.**

   Press the decrease button to view the iFit status display. The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display.

   Then, press the Enter button. After a few seconds, the status of the iFit module will appear in the display. To exit this display, press and hold down the Display button for a few seconds.

9. **Check for downloads if desired.**

   Press the decrease button to view the downloads display. The words SEND/RECEIVE DATA will appear in the display.

   Then, press the Enter button. The console will then check for iFit workouts and firmware downloads.

10. **Exit the information mode.**

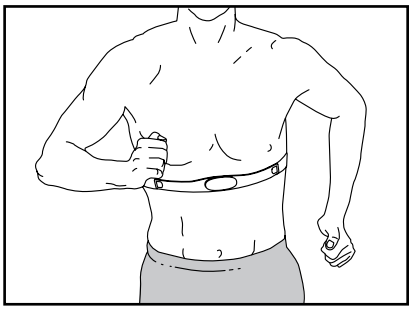
    Press the Display button to exit the information mode.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.

THE OPTIONAL CHEST HEART RATE MONITOR



Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 21.

If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL on page 17.

HOW TO GREASE THE ROLLERS

See the EXPLODED DRAWING near the end of this manual. If the Rollers (51) squeak when moving on the Tracks (16), apply a small amount of white marine grease equally to each Roller. Spread the grease evenly around the Rollers. Pedal the elliptical until a thin film of grease is distributed along the Tracks; then, wipe off any excess grease.

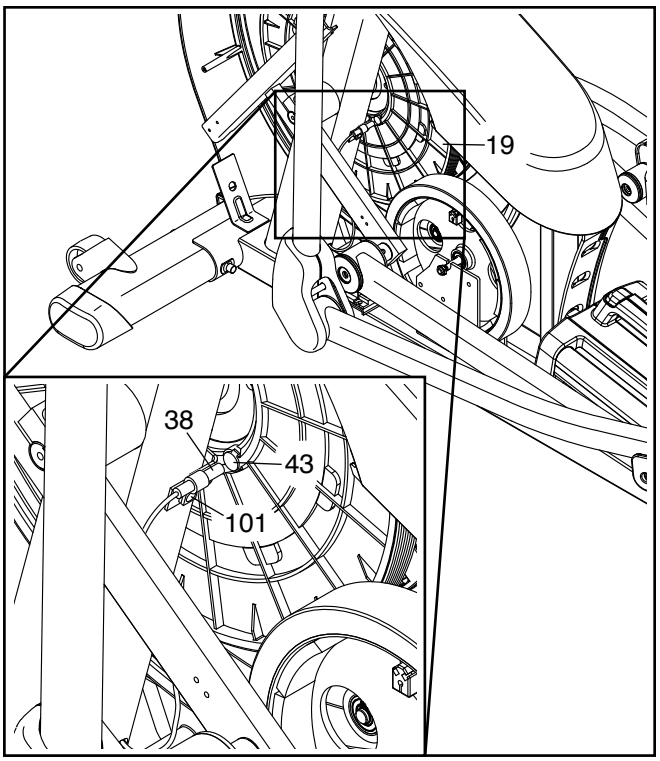
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

See EXPLODED DRAWING C on page 35. Using a flat screwdriver, remove the left Disc (71).

Note: For clarity, the left shield is shown removed in the drawing below.

Next, locate the Reed Switch (38). Turn the Pulley (19) until a Magnet (43) is aligned with the Reed Switch.



Loosen, but do not remove, the indicated M4 x 16mm Screw (101). Slide the Reed Switch (38) slightly closer to or away from the Magnet (43), and then retighten the Screw. Then, rock the Pulley (19) forward and backward just enough that the Magnet passes the Reed Switch repeatedly.

Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the left disc.

HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, first see assembly step 16 on page 14. Use a flat screwdriver to remove the Shield Cover (75) and the Shield Cover Cap (118).

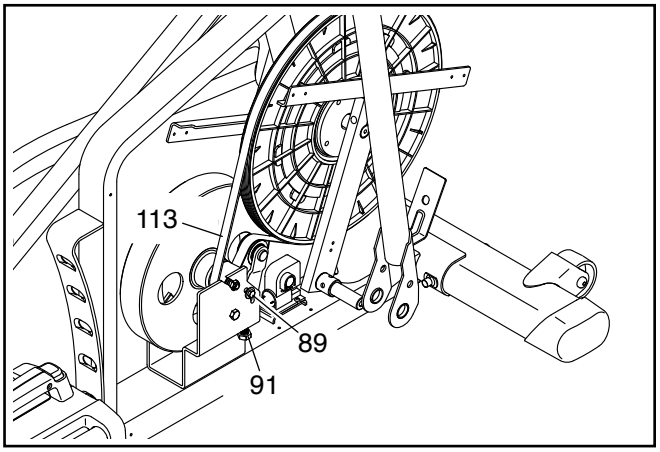
Next, see assembly step 15 on page 13 and remove the Right Upper Body Leg Outer and Inner Covers (69, 83).

Then, see assembly step 12 on page 12 and remove the Right Pedal Arm (58) from the Right Upper Body Leg (60).

See EXPLODED DRAWING B on page 34 and EXPLODED DRAWING A on page 33. Remove the Right Roller Arm (59) from the right Crank Arm (20). Then, carefully remove the Right Roller Arm assembly from the elliptical.

See EXPLODED DRAWING C on page 35. Remove the M4 x 19mm Screws (5) and the M4 x 48mm Screw (107) from the Left and Right Shields (73, 74). Then, remove the Right Shield.

Next, locate and loosen the Idler Screw (89). Next, tighten the Belt Adjustment Screw (91) until the Drive Belt (113) is tight. Then, retighten the Idler Screw.



Reattach the right shield, the right roller arm, the right pedal arm, the shield cover cap, and the shield cover.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

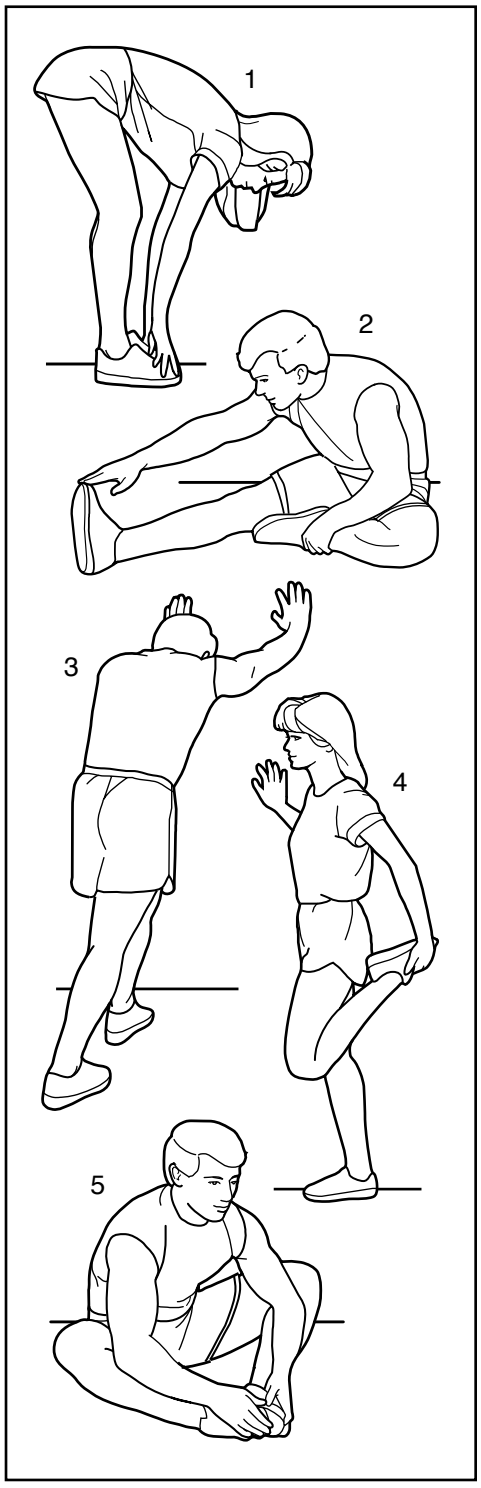
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

PART LIST

Model No. NTEVEL77911.3 R0513A

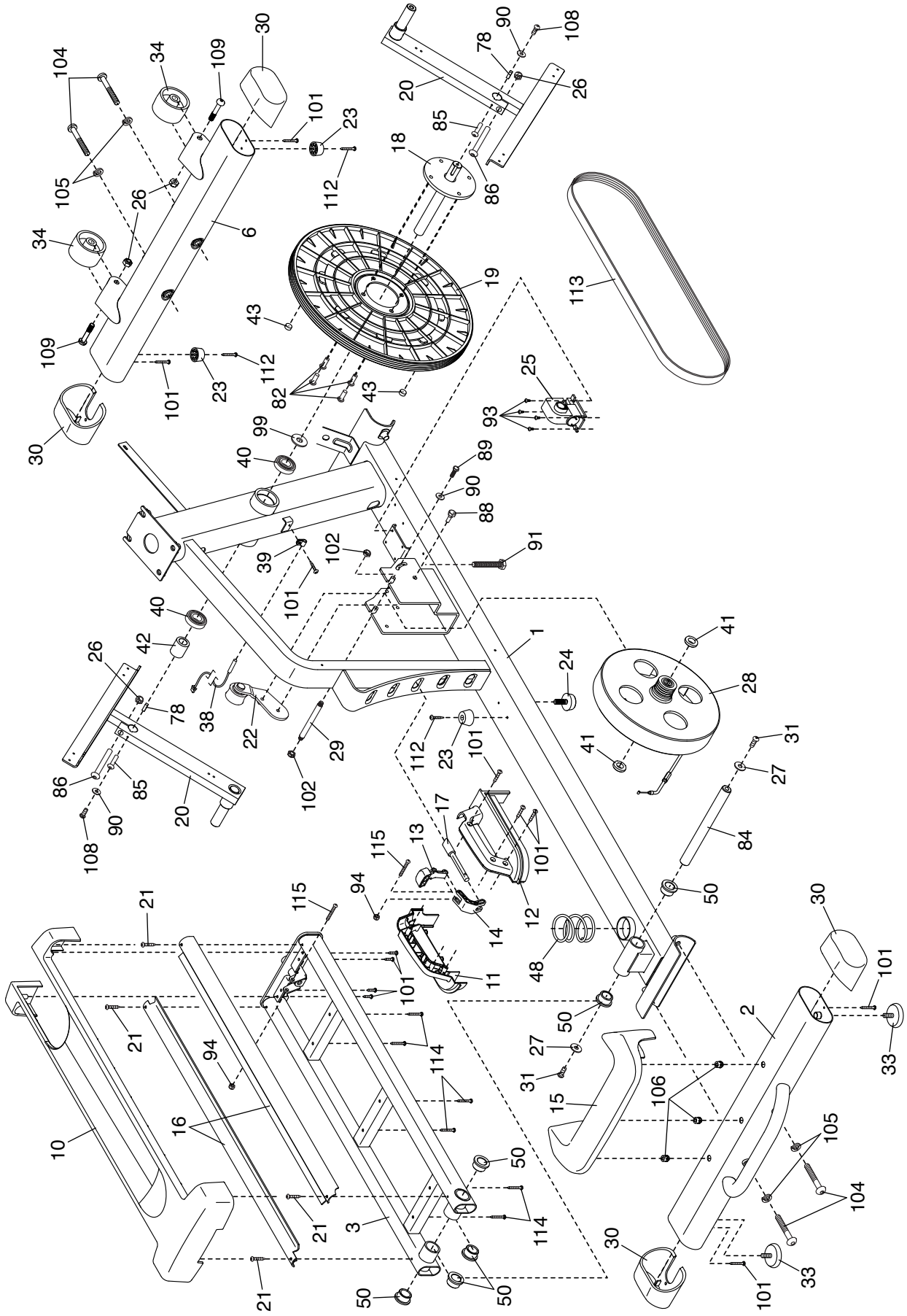
Key No.	Qty.	Description
1	1	Frame
2	1	Rear Stabilizer
3	1	Ramp
4	1	Upright
5	8	M4 x 19mm Screw
6	1	Front Stabilizer
7	1	Console
8	1	Left Handlebar
9	1	Right Handlebar
10	1	Ramp Cover
11	1	Left Latch Handle
12	1	Right Latch Handle
13	1	Latch Button
14	1	Latch Bracket
15	1	Rear Stabilizer Cover
16	2	Track
17	1	Latch Pin
18	1	Crank
19	1	Pulley
20	2	Crank Arm
21	4	M4 x 10mm Screw
22	1	Idler
23	3	Bumper
24	1	Small Leveling Foot
25	1	Resistance Motor
26	4	M10 Locknut
27	2	M10 Washer
28	1	Eddy Mechanism
29	1	Mechanism Axle
30	4	Stabilizer Cap
31	2	M10 x 19mm Screw
32	2	M5 Washer
33	2	Leveling Foot
34	2	Wheel
35	1	Pivot Axle
36	2	Upright Bushing
37	1	Accessory Tray
38	1	Reed Switch/Wire
39	1	Reed Switch Clamp
40	2	Frame Bearing
41	2	Mechanism Spacer
42	1	Sleeve
43	2	Magnet
44	1	Left Pedal Arm
45	1	Left Roller Arm
46	1	Left Upper Body Leg
47	1	Left Upper Body Arm
48	1	Ramp Spring
49	2	Pedal
50	6	Frame Bushing
51	2	Roller
52	2	Pedal Arm Rear Cap
53	4	Large Axle Cover
54	2	16mm Wave Washer
55	2	Small Axle Cover
56	4	Roller Arm Bushing
57	8	Arm Bearing
58	1	Right Pedal Arm
59	1	Right Roller Arm
60	1	Right Upper Body Leg
61	1	Right Upper Body Arm
62	2	Grip
63	2	Pulse Sensor/Wire
64	2	Pedal Arm Axle
65	1	Right Upper Body Arm Front Cover
66	1	Right Upper Body Arm Rear Cover
67	1	Left Upper Body Arm Front Cover
68	1	Left Upper Body Arm Rear Cover
69	1	Right Upper Body Leg Outer Cover
70	1	Left Upper Body Leg Outer Cover
71	2	Disc
72	1	Left Upper Body Leg Inner Cover
73	1	Left Shield
74	1	Right Shield
75	1	Shield Cover
76	1	Left Pedal Arm Side Cap
77	4	Axle Spacer
78	2	Key
79	1	Front Console Cover
80	1	Rear Console Cover
81	1	Rear Upright Cover
82	12	M8 x 13mm Screw
83	1	Right Upper Body Leg Inner Cover
84	1	Ramp Axle
85	2	M4 x 14mm Screw
86	2	M10 x 58mm Bolt
87	1	Right Pedal Arm Side Cap
88	1	Idler Pivot Screw
89	1	Idler Screw
90	3	M6 Washer
91	1	Belt Adjustment Screw
92	4	M10 x 25mm Screw
93	4	M4 x 12mm Screw
94	2	M4 Nut
95	6	M8 x 16mm Screw
96	8	M8 x 38mm Bolt
97	10	M8 Washer
98	2	Medium Snap Ring
99	1	Plastic Spacer
100	4	Leg Bearing

Key No.	Qty.	Description
101	38	M4 x 16mm Screw
102	10	M8 Locknut
103	8	M6 x 12mm Screw
104	4	M10 x 122mm Screw
105	8	M10 Split Washer
106	3	Cover Mount
107	1	M4 x 48mm Screw
108	2	M6 x 13mm Screw
109	2	M10 x 60mm Bolt
110	1	Upper Wire
111	1	Lower Wire
112	3	M4 x 19mm Self-tapping Screw
113	1	Drive Belt
114	6	M4 x 42mm Screw
115	2	M4 x 30mm Screw
116	2	Disc Ring
117	1	Front Upright Cover
118	1	Shield Cover Cap
119	1	Power Adapter
120	1	Extension Wire
*	–	Assembly Tool
*	–	Grease Packet
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

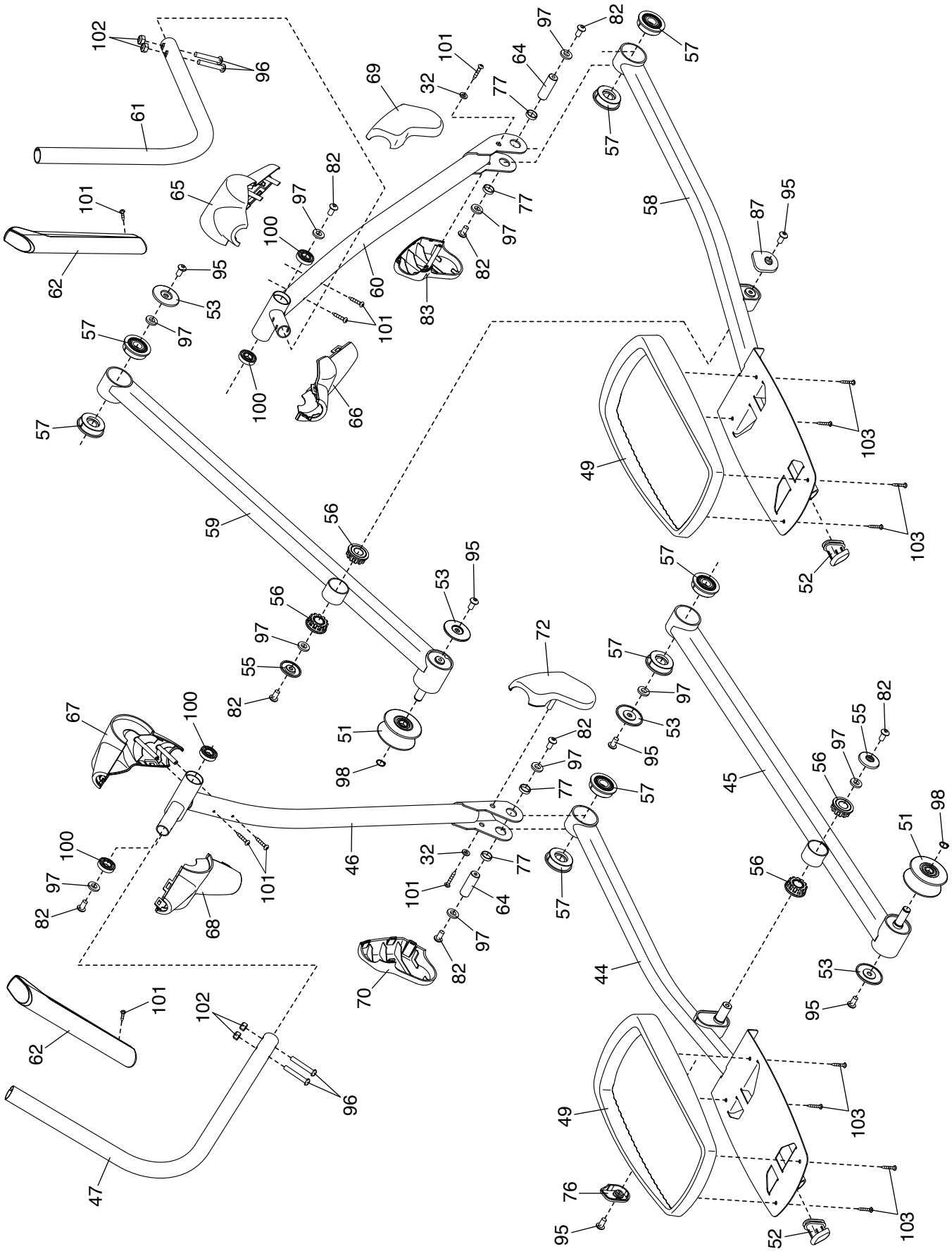
EXPLODED DRAWING A

Model No. NTEVEL77911.3 R0513A



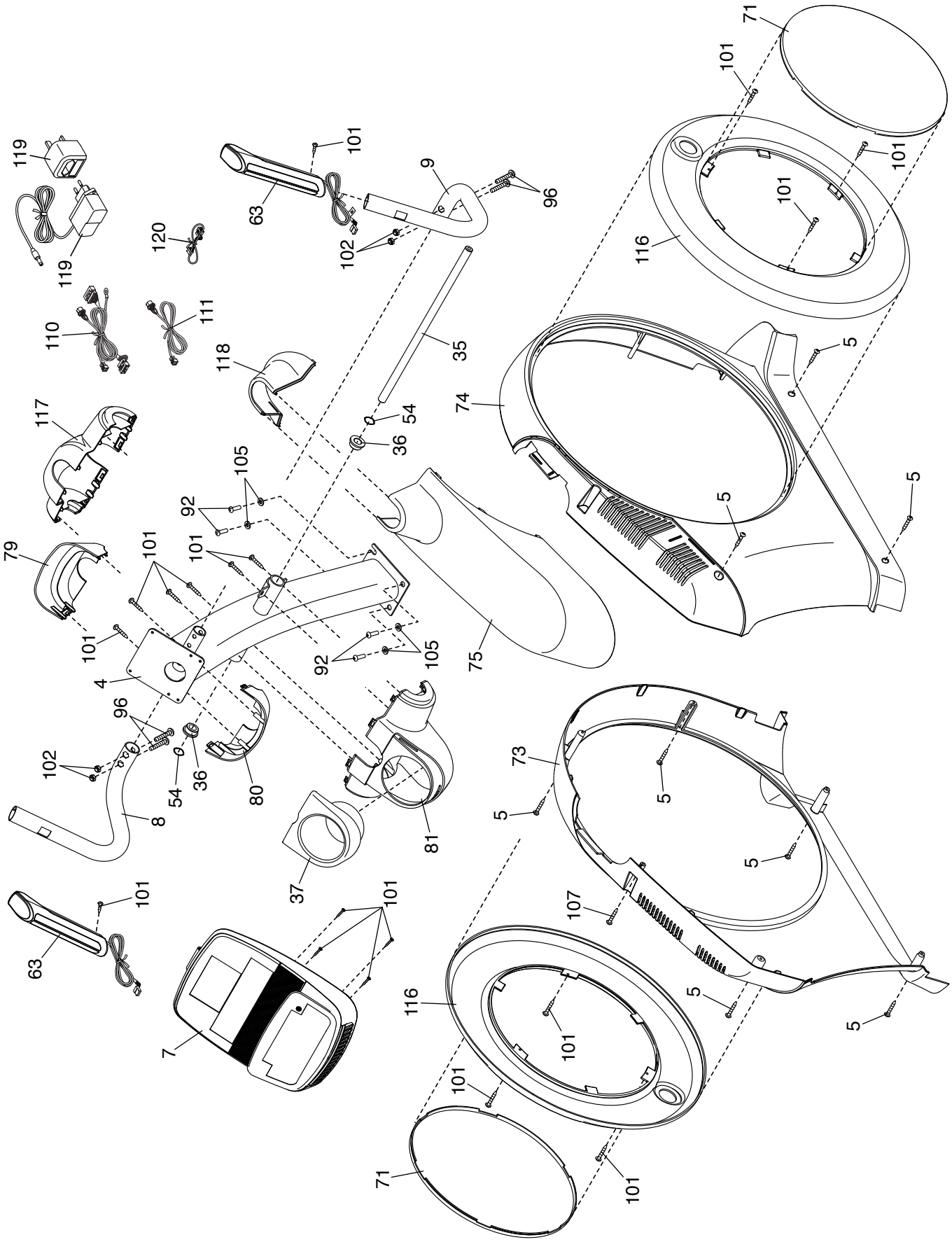
EXPLODED DRAWING B

Model No. NTEVEL77911.3 R0513A



EXPLODED DRAWING C

Model No. NTEVEL77911.3 R0513A



ORDERING REPLACEMENT PARTS

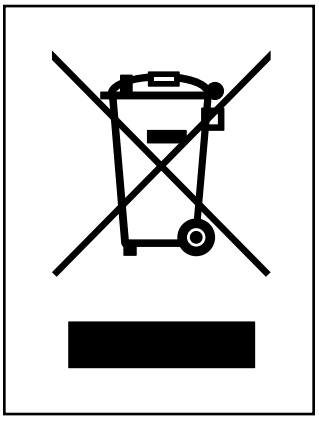
To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



Part No. 345217 R0513A

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